



## BECOMING A TEAM LEADER

Working in a rural setting can lend itself to a rewarding career in healthcare. No one knows that better than Marcia Dial from Memphis, Missouri.



Dial is the CEO of Scotland County Memorial Hospital in Memphis. She has been with the hospital since 1976, returning to the area after deciding it would be a great place to raise her children. When asked why she's stayed in a rural setting for so many years, she responded, "I have first hand witnessed the difficulty of providing services in a remote rural area and the amazing difference we make in the lives of people we serve...We are the lifeline for a fair number of people...This hospital is blessed with dedicated, highly skilled individuals who could choose to work anywhere, no doubt for more money and an easier work schedule, but they are here because they care about the continuance of this hospital. We provide care for our own families, friends, and neighbors."

Great efforts have been made in the past few years to increase awareness of the healthcare

options available to rural citizens. Dial says, "Being rural does not coincide with being uninformed." She believes local citizens are very aware of the care they have access to. She also says the improvements in the healthcare field have been driven by technology, outpatient care and the willingness of specialty physicians to work in rural areas. Dial adds, "It is important that we be prepared for whatever walks through our doors."



For Dial, the most rewarding aspect of working in a rural community is knowing she makes a difference. She says, "If we were not here, lives would be changed and perhaps lost. The staff and employees of this hospital when called upon do miraculous work and they are available 24/7. Living in a rural area now means that you get to enjoy all of the great aspects of country living and feel safe in the knowledge that quality healthcare is available."

### this issue includes:

Early detection of breast cancer

Introducing the Missouri Primary Care Assoc.

Safety tips for ATVs

Buffalo wings recipe

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Missouri Department  
of Health  
and Senior Services

# Score Your HALLOWEEN Treats in a Safe Costume

There's no more creative holiday than Halloween. From cartoon characters to cowboys, you see it all roaming the streets. Sometimes those costumes can create safety concerns. By selecting or making a safe costume, you and your children will have a healthier, happier trick-or-treating experience.

Begin by choosing a costume early so you will have time to find the safest materials and can make adjustments to store bought items. You want fire resistant material. You want the costume to fit tightly enough that it won't easily be caught on anything, but loose enough that if cold weather hits, your child will be able to add an extra layer of clothing underneath.

The point of a Halloween costume is to be seen. Make sure that happens, even at night, by adding strips of reflective tape to the front and back of the costume and to your child's trick-or-treat bag.

The most common Halloween injuries occur when children fall or trip over their costumes. Make sure the length is appropriate for your child. You want to be able to see feet. You also want them to be able to see where they're going. If your child will be wearing a mask, make sure the eye holes are large enough to see out and around. Most masks can be easily cut to expand the eye area.

After your costume is created, sew or pin your child's name, address and phone number onto the inside. By following these tips, you'll have a safer ghoul or goblin...fake blood and all.

## One Minute Workout

Sitting down doesn't mean you can't get exercise. Try this one minute routine to get your body moving while still in your seat.

Do 10 reps of each of the following:

- Arm reach up right and left
- Sit up tall, reach and touch toes
- Hands on hips, criss-cross legs in and out
- Left leg out, touch foot with both hands, hold
- Right leg out, touch foot with both hands, hold

## Show Me Healthy Women

A FREE Breast & Cervical Cancer Screening Program



- ✂ Women age 35-64, or older without Medicare Part B, may receive a Pap test, pelvic exam and clinical breast exam.
- ✂ Women age 40-64 may receive a mammogram, based on available funding.
- ✂ Income guidelines apply, based on 200% above poverty guidelines.
- ✂ Treatment available when diagnosed with cancer through the Show Me Healthy Women program.

*You deserve to live the healthiest life possible.*

**Call Today! 1-800-422-6237, press "1"**

Funded in part by CDC Grant #5U58DP000820-02 Services provided on a non-discriminatory basis.

## Get Immunized to





# Practice Prevention for Early Detection

Nearly all breast cancers can be treated successfully if detected early. Mammography can detect breast cancer about two years before physical systems develop. Studies have shown that early detection, followed by prompt, appropriate treatment, saves lives and increases treatment options.

The Show Me Healthy Women program at the Missouri Department of Health and Senior Services offers free breast and cervical cancer screenings to thousands of Missouri women who meet specific income and age guidelines.

Women who are uninsured and those with incomes up to 200 percent of the federal poverty level are eligible to participate in the Show Me Healthy Women program.

Services available may vary each program year, based on available program funding. Specifically, for the current program year, which ends June 29, 2009:

- Women age 35-64 or older, without Medicare Part B, are eligible for free Pap tests, pelvic exams and clinical breast exams.
- Women age 40-64 are also eligible for free mammograms based on available funding through June 29, 2009.

- Treatment is also available to women diagnosed with cancer through this program.

Now is the time to join the thousands of women who have received annual breast and cervical cancer screenings through the Show Me Healthy Women program. According to the state health department, over 91,000 women are eligible for the free cancer screening services.

Are you or someone you know eligible for these free screening services? To find out more, call the National Cancer Institute Cancer Information Service at 1-800-422-6237 and press option 1. You can also call the Show Me Healthy Women program at 573-522-2840 or visit [www.dhss.mo.gov/Breast-CervCancer](http://www.dhss.mo.gov/Breast-CervCancer).



Anyone can come down with the flu. But some people are more susceptible than others. People who are older than 65, infants, pregnant women, and people with chronic health conditions are at the highest risk. The Centers for Disease Control and Prevention reports that more than 200,000 people are hospitalized each year from flu complications. More than 30,000 of those people die.

The best way to protect yourself from getting the flu is by being vaccinated. When you get vaccinated, you will either be given a shot or be provided with a nasal spray. No matter which option is chosen, it will take about two weeks for your body to create antibodies to protect against the flu. The types and strains of viruses contained in the vaccine change each year depending on what strain of flu is going around. So don't expect last year's shot to protect you again this year. It is recommended that you get vaccinated as early as September, since flu season tends to begin in October. Even if you're not in the high risk category, if you're around those who are, you should get vaccinated.

# Leading the Way to Primary Health Services

The Missouri Coalition for Primary Health Care DBA, Missouri Primary Care Association (MPCA), is a nonprofit corporation founded in November 1984 as a partnership of Community Health Centers. MPCA's mission is to be Missouri's leader in shaping policies and programs that improve access to high quality, community-based, and affordable primary health services.



The Association works to assure such access through its programs, activities, membership and the provision of training and technical assistance to its member health centers. The MPCA is aware that economic, cultural and geographic barriers often prevent full access to quality primary health care for Missouri's medically underserved, and thus seeks resources to formulate and sustain a safety net delivery system for those in need. The Association strives to guarantee the community's voice in local health care delivery, actively involving patients and providers when planning for the delivery of care.

MPCA implements activities aimed at providing and promoting high quality, accessible and holistic primary health services through Missouri's Community Health Centers.

The organization is a leader in the industry in its ability to develop and monitor objectives based on outcome-oriented measures for data collection, health center growth, technical assistance, quality improvement and workforce development. MPCA has been very effective in maintaining and strengthening the primary health care system throughout Missouri. MPCA staff work closely not only with its member community health centers but also collaborate strongly with federal, state, and local governmental and community-based partners to continuously enhance primary care services throughout the State.

Over the past forty years, Missouri's community health center system has evolved into an expanding network of 21 health centers providing primary care services through 120 community-based delivery sites, serving nearly 330,000 individuals through over 1.1 million visits annually. Health centers are present in every region of the state and serve the residents of 111 of Missouri's counties plus the City of St. Louis. More than 1,100 dedicated healthcare professionals at health centers serve the underserved, making their services available to all residents, regardless of insurance and income status, and within the health center's capacity.

Missouri's health center patients receive high quality, compassionate care, inclusive of primary medical, dental, mental health, and pharmacy, through a system which offers the



## Upon Further Review

### Correcting Health Myths

It's a myth that lice are a product of poor hygiene or poverty. They are everyone's problem. Head lice are remarkably socially equal and can flourish in even the wealthiest communities.

community a strong voice in local health care delivery. Moreover, 265 committed volunteer board members, comprised of patients and business, civic and community leaders are sharing their expertise and assisting their health centers to strengthen and expand the state's health safety net.

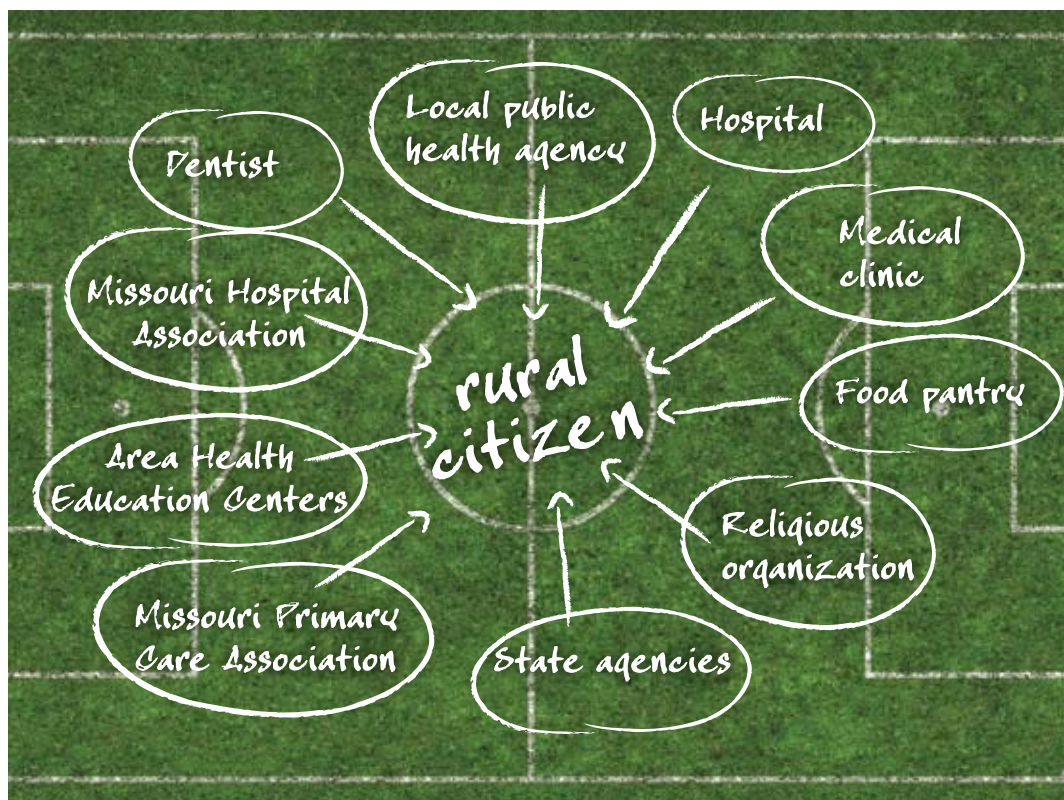
MPCA is committed to supporting community health center growth and development and to developing partnerships focused on sustaining systems of comprehensive primary care. MPCA's focus for FY 2008-2009 will highlight service provision through two common themes: first, increasing patient access through the expansion of health center capacity through community development and workforce development activities, and second, continuing the development and implementation of the Missouri Center for Primary Care Quality and Excellence. Activities embracing these themes will be accomplished using strategies employed through core functions such as: maintaining and strengthening health centers, health policy surveillance, health center growth assistance, workforce, clinical quality, liaison/collaboration/partnering, and leveraging/enhancing health center resources.



# INTRODUCING THE TEAM

For questions or comments about this publication, please contact the Missouri Department of Health and Senior Services, Office of Primary Care and Rural Health at 800-891-7415

There are many services available to rural citizens in Missouri. The following diagram displays the community health support provided by the state in conjunction with private healthcare facilities.



Beyond the local facilities that house healthcare services, the state of Missouri is working to provide options for educating yourself about the issues that affect your health and well being. Here are just a few of the resources provided by the state of Missouri:

Visit [www.mahec.org](http://www.mahec.org) to find community health awareness and education programs in your area.

Read the article "Leading the Way to Primary Health Services" on the facing page to find out how Missouri's Primary Care Association can shape policies and programs that impact your health services. Find them online at [www.mo-pca.org](http://www.mo-pca.org).

Find out how the Missouri Hospital Association is working to improve the health of patients and communities through their educational programs, grants and initiatives at [web.mhanet.com](http://web.mhanet.com)



# Getting There.

Tom Butt, Jr. has driven almost a million miles to get to doctor's appointments over the past 30 years. But most of the time, he doesn't even go into the doctor's office. That's because Butt is a driver for OATS, the public transportation system responsible for getting thousands of seniors and others to the places they need to go. He's spent three decades driving people to the doctor, the store, or other essential locations.

"I have enjoyed every minute of my 30 years driving for OATS," he said. "Just knowing that I have taken people for medical appointments, essential shopping and to nutrition sites has given me a lot of satisfaction through the years."

Volunteers like Butt make the wheels turn for the public transportation system that helps keep rural Missouri healthy.

"If people do not have access to health care, they don't go. And when they do go, it's an emergency, and you have to send an ambulance or other emergency services out to them," said OATS Administrative Services Director Dorothy Yeager. "I think it's important to health care because obviously we're a key to non-emergency services."

Although OATS is the biggest link in the rural transportation chain, other agencies, like the Southeast Missouri Transportation Service, perform similar functions. Yeager

says the work of all those agencies together makes Missouri stand out.

"There's some transportation system in every county in Missouri," she said. "And I think that makes us unique in the nation."

To get in touch with the public transportation systems in your area, call OATS at 573-443-4516 or the Missouri Public Transit Association at 573-634-4314. You can find additional transportation services online at [www.modot.org](http://www.modot.org)



## Take the Field with Care on your ATV

Riding through the countryside on an ATV is a popular activity this time of year for children and adults alike. Often ATV drivers are also thrill seekers. This leads to thousands of deaths every year, and thousands more injuries. Safety should be your first concern on the road to outdoor adventure. Here's a set of safety guidelines to follow when operating or riding an ATV:

Before riding an ATV, if you are new to this form of recreation take a rider training course. Most ATV manufacturers offer free hands-on training to those who have purchased a new ATV.

■ Do not ride alone. Have someone with you so that if something goes wrong there is someone who will be able to call for help. Also let someone besides the people who will be with you know

where approximately you will be going and an approximate time you expect to return.

- Carry a first aid kit on your ATV at all times, in the event of an emergency.
- Discuss safety with your children before allowing them to ride with you on a trail.
- Never drive an ATV when under the influence of alcohol or drugs.
- Read all the directions and safety instructions that came with your ATV and follow them.
- Never ride on paved surfaces.
- Wear the right safety gear, including a helmet.
- Wear clothing and shoes that will adequately protect you from objects that you may encounter such as brush.
- Use common sense when

riding. This includes riding at a speed appropriate for the terrain that you are riding in.

- Have prior approval of the landowner before riding on someone else's land.
- Learn about the area you are riding in. Be on the lookout for downed power lines, fences, low lying branches and other hazards.
- Stay on the designated trails when you are riding.
- Approach wildlife and livestock on a trail slowly. If you startle them they may run directly into your path. Give them time to react and plenty of room.

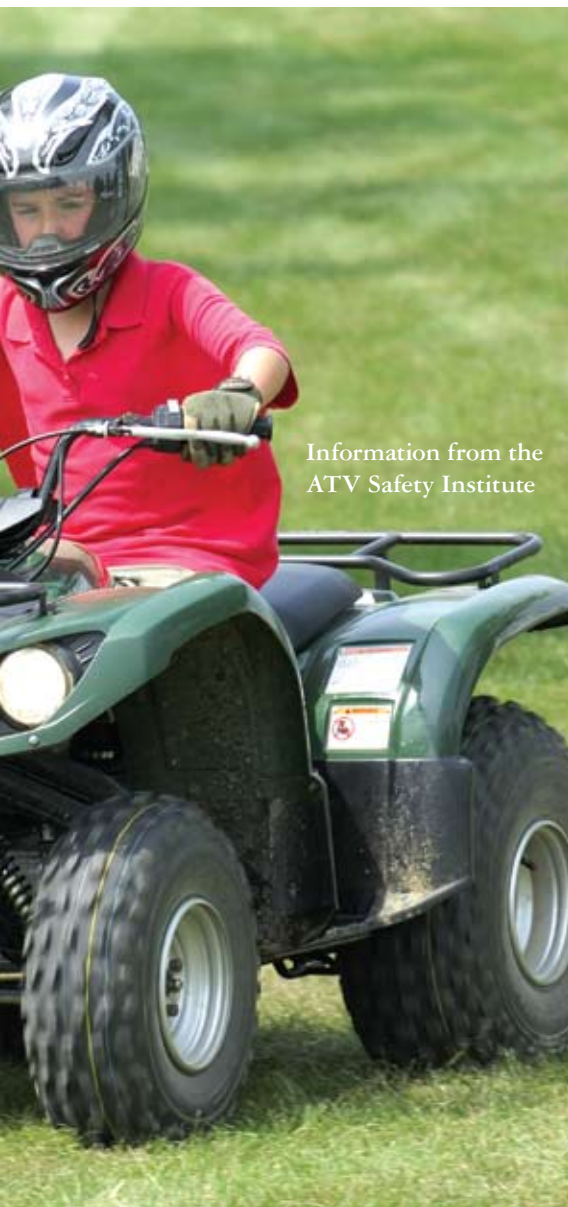


# THE ALL STAR

## Putnam County Memorial Hospital

**Congratulations to Putnam County Memorial Hospital on opening new facilities Tuesday, August 19, 2008.**

The new building is 21,000 square feet of inpatient, outpatient and emergency services. Some of the new features include a laboratory, respiratory therapy and radiology with CT scan, bone density, digital X-ray, fluoroscopy, mammography and sonography. There are 14 beds in 10 private and 2 semi private patient rooms. The new outpatient procedure area houses 3 infusion stations, 2 prep and hold bays and a procedure room. There are 2 major emergency rooms, 1 minor emergency room, and a triage room.



Information from the  
ATV Safety Institute

## Beating Heart Assessing your risk Disease

Not all risk factors for heart disease can be changed, like age, sex and heredity. So it's important you do your part to change the ones that can. Look at the following list of risk factors. The more that apply to you, the higher chance you have of developing a cardiovascular disease. The good news is, they can all be changed by you, keeping you in control of your heart's future health.

- ☐ SMOKING
- ☐ HIGH BLOOD CHOLESTEROL
- ☐ HIGH BLOOD PRESSURE
- ☐ PHYSICAL INACTIVITY
- ☐ OBESITY OR BEING OVERWEIGHT
- ☐ DIABETES
- ☐ STRESS
- ☐ FREQUENT ALCOHOL CONSUMPTION
- ☐ POOR NUTRITION



## A Healthy Recipe for Your

# Fall Tailgating



It's football time again and that means tailgating or a game night party. Tailgating takes an ordinary day at the game and turns it into an all-day celebration of friends, family and food. The same goes with the game night party. It is a great American tradition that deserves great recipes. So how can you satisfy your pre-game hunger without packing on too many pounds? Whether you are in the middle of a massive stadium parking lot or right in your own living room, you can be the king or queen of your next tailgate party by serving up healthy meals and snacks.



## Buffalo wings

You can turn high-calorie Buffalo Wings into a healthy snack, still packed with flavor, with a few simple tricks. First, use skinned wings to get rid of much of the fat. Then marinate the wings before cooking them, to give them more flavor, and grill them over charcoal. Finally, mix up a tasty, healthy dipping sauce to accompany them.

- 3 pounds (about a dozen) skinned chicken wings
- 3 tablespoons cider vinegar
- 2 teaspoons vegetable oil
- 3 tablespoons chicken broth
- 2 cloves minced garlic (optional)
- 2 to 3 teaspoons of hot pepper sauce
- 1/4 cup plain fat-free yogurt
- 1/4 cup lowfat mayonnaise
- 3 tablespoons crumbled blue cheese

Combine vinegar, vegetable oil, chicken broth, garlic and pepper sauce in a large plastic bag. Rinse and pat dry the wings with paper towels, and add to the bag. Squeeze out the air and seal the bag. Let the chicken marinate for at least 30 minutes, but no more than 4 hours. Grill the marinated wings about 15-20 minutes, turning occasionally, until juice runs clear when pierced with a fork. Mix together the yogurt, mayonnaise and crumbled blue cheese in a small bowl. Serve as a dipping sauce.

## KIDS HEALTH TIP



## How to Properly Wash Your Hands

It's important to wash your hands often and the right way to keep from spreading germs and maybe making other people sick. Follow these guidelines for good hand-washing technique.

1. Wet your hands with warm water.
2. Apply a generous amount of soap.
3. Rub your hands together for 20 seconds.
4. Rinse your hands.
5. Dry your hands with a paper towel.
6. Use the paper towel to turn off the faucet and open the door.